

Enhanced contact isolation

What is enhanced contact isolation?

Enhanced contact isolation is a combination of isolation and hygiene practices used to prevent germs from spreading in the hospital. Germs are spread directly by skin-to-skin contact or indirectly by touching contaminated door knobs, hand rails, medical equipment, and other objects in a patient's surroundings. Germs on objects in your surroundings can be removed by cleaning with disinfectant. Germs can be carried by a person without causing an infection; this is called "colonization." If you have an infection, your doctor will treat it. If you are colonized, it may not need treatment. In both situations, good hand hygiene will reduce the spread of germs.

Why are you on enhanced contact isolation?

Test results show that you have:

- ☐ Antibiotic-resistant *Acinetobacter baumannii*
- ☐ Carbapenem-resistant bacteria (such as CRE)
- ☐ Other: _____

Important things to know

- Read "Patient Information – Hand Hygiene."

Hand Hygiene

Hand hygiene is the most important way to prevent the spread of germs. Wash your hands with soap and water or use alcohol hand rub often. Ask your care providers and visitors to wash their hands frequently.

Patients

Gowns and gloves

- Staff and visitors will wear a gown and gloves when they are in your room.

Before you leave your room

- Talk to your nurse first - a staff member must accompany you outside your room. You can leave your room with a staff member for tests and procedures.
- Wash your hands and put on a new gown and gloves right before you leave your room.
- Do not go to public areas in the hospital (such as cafeteria, library, gift shop, cafe), or the Children's Inn, Family Lodge, Cloisters apartments or Woodmont House.
- Do not visit any other patients. Other patients may not visit you.
- Participation in organized activities must be approved by the Hospital Epidemiology Service. Ask your nurse if you want to attend organized activities.

If you need...

- To wash your clothes, ask your nurse and he or she will explain the process and provide laundry soap.
- Linens, snacks, or a drink—please do not go and get these items yourself. Your nurse can help, or a family member or visitor can get these after they clean their hands.
- Your meal and have not received it, ask your nurse if it arrived. Once food has been in your room, it cannot be brought out for reheating so it will be kept outside your room until you are ready to eat.

Family and Visitors

Gowns and gloves

- Put on a new gown and gloves just before entering the isolation room.

Personal items

- Personal items that cannot be disinfected or discarded (such as bags, coats, cell phones, laptops) should not be brought into the room. Once food has been in the room, it cannot be brought out for reheating. Do not bring food or drinks out of the room.

Leaving the isolation room

- Remove your gown and gloves upon leaving the room.
- Clean your hands right after leaving the room.
- Change into a new gown and gloves if accompanying the patient outside of their room.
- Do not visit any other patients.
- You may visit the public areas of the hospital (such as cafeteria, library, gift shop, and cafe) without the patient.
- You may go to The Children's Inn, Family Lodge, Cloisters apartments, or Woodmont House without the patient.

When will isolation end?

- You may be on isolation for a few hours or for several months. Your care provider will tell you when your isolation ends.
- You will be on isolation as an inpatient and outpatient until the Hospital Epidemiology Service determines that isolation is no longer needed.
- Isolation does not determine the length of your hospital stay.

Be informed. Be empowered. Be prepared.

Questions?

Ask your nurse, doctor, or call the Hospital Epidemiology Service at 301-496-2209.

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